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metroNEWS

Parties vow to prevent instead of apprehend

MANITOBA ELECTION 2016

Support for families touted as fix for child-welfare system

Manitoba's beleaguered child-welfare system came under the provincial election spotlight Wednesday with promises from all parties to cut a record number of kids in care.

The Liberals said they would bring the number down by half to roughly 5,000 by putting more money into supporting families rather than apprehending children.

"We have more children in care today than we did at the height of residential schools," said Liberal candidate Kyra Wilson. "It's been really damaging to our children and for their development."

Wilson is taking on the NDP's child and family services minister, Kerri Irvin-Ross, in the Winnipeg constituency of Fort Richmond.

Whichever party forms government on April 19 will have to deal with a child-welfare system that has been dubbed a "national disgrace" by at least one aboriginal leader. Manitoba has one of the highest apprehension rates in Canada and seizes an average of one newborn baby a day.

With more than 10,000 children in care — the vast majority of them indigenous — the next Manitoba government will have to grapple with an increasingly expensive Child and Family Services Department.

Wilson was short on what specifically the Manitoba Liberals would do to drastically reverse the current apprehension rate beyond listening more to families and putting at least 75 per cent of the department's budget toward prevention.

She said the Liberals would give children the option to remain in care until age 25, and doesn't believe that would add to the department's budget of $484 million because, overall, there would be fewer kids in care.

Progressive Conservative candidate Ian Wishart said about

> Education is key. It's our weapon against poverty and unemployment.
> NDP candidate Amanda Lathlin

10 per cent of the department's budget right now goes toward prevention and family support. The focus of the system is on apprehension, which is expensive, he said.

A Conservative government would give First Nations communities more power to intervene and would support struggling families rather than continue seizing children, Wishart said.

The New Democrats have said repeatedly that they are moving toward prevention rather than apprehension. In the last days before the election began, the Selinger government proposed customary care legislation, which would have placed children at risk of apprehension with a family member in their community.

The bill died when the election was called.

NDP candidate Amanda Lathlin said the party would pass the customary care legislation if re-elected and focus on supporting kids in care by providing them with free tuition. Improved education can help break the child welfare cycle by ensuring parents have jobs and are able to support their children, she said.

"Education is key," said Lathlin, who is a foster parent. "It's our weapon against poverty and unemployment."

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Your essential daily news

Lady Gaga teams up with U.S. Vice-President Joe Biden to raise awareness about sexual assault.

'Something different'

POLITICS

The Manitoba Party has 17 'tax-cutters' on team: Leader

Braeden Jones
Metro | Winnipeg

Gary Marshall said his candidates might not be able to form a majority, but preventing one could be nearly as valuable.
PHOTO CREDIT IN SMALL CAPS

Only a handful of early supporters joined several Manitoba Party candidates kicking off their campaigns, Wednesday.
PHOTO CREDIT IN SMALL CAPS

The Manitoba Party officially kicked off its campaign Wednesday, 21 days before the April 19 election, announcing the official candidate slate and party platform while trying to drum up support.

The party's leader, Gary Marshall, said the plan is to give Manitobans "something different," and he has 17 "tax-cutters,"— a.k.a. candidates — behind him.

They want to kill photo radar, reduce condo property taxes, introduce tax exemptions along with a 10 per cent flat tax on personal and business income. But most of all, they want to reduce PST to five per cent from eight.

"It starts to free up the public so that they are better able to enjoy their money and their time," Marshall said.

Revenue lost by tax-cutting, would be made up by increased personal spending and business activity, he said.

"As soon as they see our flat tax… this province will all of a sudden become a target for that money, money will flow here, people will come here," Marshall said.

He admits his party is stepping up to the election plate a few weeks later than more established parties, but he still thinks what the new kid on the block has to offer is something people want.

The party's candidate in the Fort Rouge riding said that's what he's been hearing while canvassing.

In a battleground hotly contested between Liberal Party Leader Rana Bokhari and popular NDP candidate Wab Kinew, Matthew Ostrove believes he's "changing a lot of undecided voters'" minds.

"We can't keep flipping between the NDP and the PC. We are the alternative voice," Ostrove said, echoing Marshall's point that the new party offers something new.

But as a political expert from the University of Winnipeg notes, there is already a party like the Manitoba Party.

"Their position is covered off by the Conservative party in some respect," said Allen Mills. "The appeal (the Manitoba Party) might have for voters is undercut by the fact that… another established political party with much more resources and legitimacy is potentially capable of arguing that position themselves."

He clarified that fringe parties at the provincial level sometimes bloom into something substantial, like the Parti Québécois, or the Saskatchewan Party, but he doesn't "sense the same at all here."

"I don't see a groundswell of sympathy in the public," he said.

Mills believes it's "certainly unlikely" the newest party in Manitoba gains that much support, but there is still value in their efforts.

"Running and not winning any seats is worth the effort if you can build on it… winning one seat is worth the effort if you can build on it," he said. Marshall said his goal is to get any number of the Manitoba Party's 17 runners a chair in the legislature to form a "bloc."He said a vote for the Manitoba Party is a vote to "prevent a majority government."

"All of a sudden the other parties would have to carefully decide what their decisions are going to be… if they want our support they're going to have to do something about the tax rates," he said. "That would give the people who want those tax cuts... a huge voice."

PARTY-ENDORSED CANDIDATES

- Communist Party of Canada-Manitoba: 6 candidates
- Liberal Party of Manitoba (Lib.): 52 candidates|
- The Manitoba Party (MP): 16 candidates
- New Democratic Party of Manitoba (NDP): 57 candidates
- The Green Party of Manitoba (GPM): 31 candidates
- The Progressive Conservative Party of Manitoba (PC): 57 candidates

CRIME

High-risk sex offender wanted by police

Winnipeg police are searching for a man they say is a high risk sex offender. Police say Martin Louis Patrick, 33, is wanted on a Canada-wide search warrant for breaching his release conditions.

Martin Louis Patrick WPS

They say Patrick, who is designated as a high risk sex offender, did not return to his residence, and is considered "unlawfully at large."

Police describe him as an Aboriginal male, 5'6", 217 lbs, with black hair and brown eyes. Anyone with information as to Patrick's whereabouts is asked to contact police. METRO

Senior stabbed in North Kildonan drive-through line

Winnipeg police say officers responded to a report of an assault that occurred near Lagimodiere Boulevard and Headmaster Row on Wednesday shortly before 9 a.m.

According to a police statement, "the information received was that a dispute had occurred between the occupants of two vehicles that were waiting in line in the drive-through" of a fast-food restaurant.

The 65-year old man from the R.M. of Springfield was treated for non-life threatening injuries.

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Robin Hood takes over youth theatre

ART

Retelling moves classic tale from forest to stock room

Meg Crane
For Metro | Winnipeg

A retelling of the classic fable Robin Hood hits the stage at Manitoba Theatre for Young People this week.

But Winnipeg audiences should expect to see more than just men in tights, slinging bows and arrows.

The play, preformed by Visible Fictions, a theatre company from Scotland, transforms the story's setting from Sherwood Forest into a modern day office stock room.

"We create the story of Robin Hood through cardboard boxes and make it as imaginative as possible," said Daniel Campbell, the actor who plays Robin Hood.

Co-star Neil Thomas explained on Wednesday that Campbell's character is not the actual Robin Hood, but an employee retelling the fable with a co-worker.

"As the story goes on, they sort of become the characters and they explode the stock room with boxes," said Thomas.

The actors say the characters in the play go beyond the classic archetypes of hero and villain.

"You've got your main character, Robin Hood, who is utterly flawed. He's kind of a vain, arrogant little boy who learns responsibility," said Campbell.

"The sheriff, on the other hand, is just a man who is trying to follow his orders."

Both actors say children who watch the performance have become easily engaged with the action taking place on stage.

In one scene, Thomas said one of his characters, the sheriff, is surrounded by men holding bows and arrows, and children in the front row have jumped up, pretending to be those characters.

"It's really sweet how they engage here," said Thomas. "The adults as well seem to get a lot of the other bits of humour and certainly some of the sadder bits of the story."

Families are invited to watch a new retelling of the classic Robin Hood, at Manitoba Theatre for Young People until April 10. HANDOUT

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Burton Cummings' fave hits

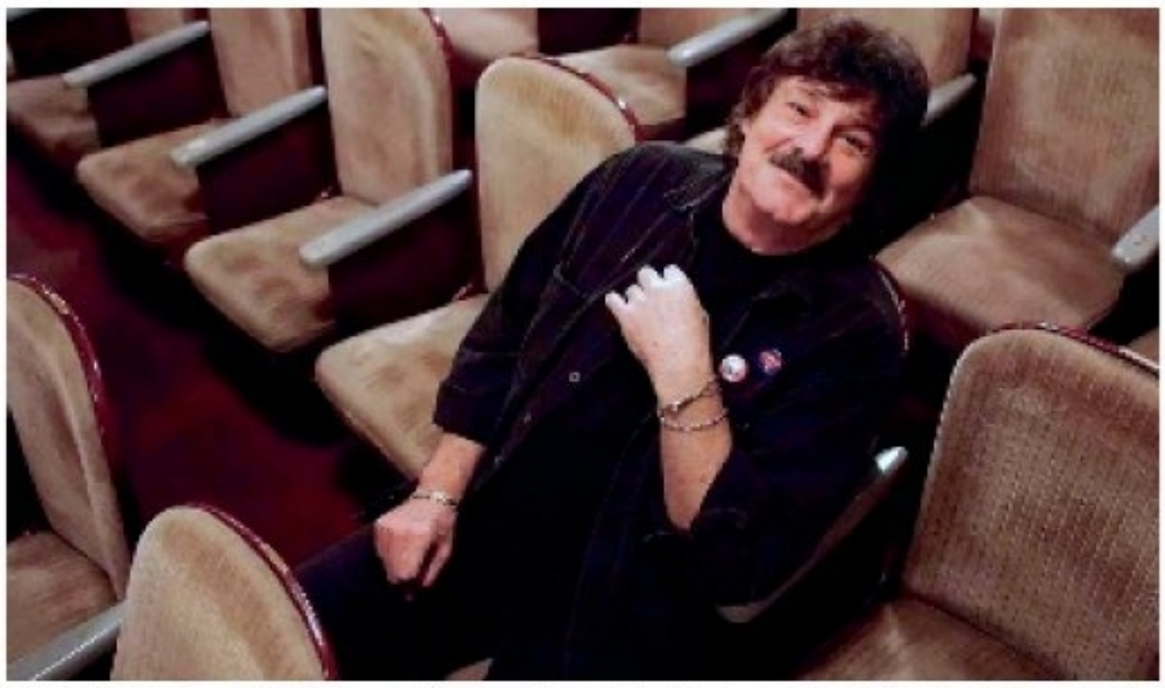
MUSIC LEGEND

Honoured at the Junos this week, local hero looks back

The Winnipeg-born master of infectious soft rock anthems, and former member of the Guess Who, becomes the first artist to be added to the hall's new home at the National Music Centre in Calgary. The Juno Awards will also pay tribute to him during Sunday's telecast.

Cummings reflected on his career and chose five songs from his solo era that he'll never forget.

His comments have been edited and condensed:



Burton Cummings, the 68-year-old former Guess Who frontman, says he's lucky to be around to witness his induction into the Canadian Music Hall of Fame. MATTHEW SHERWOOD/THE CANADIAN PRESS

Stand Tall
This was his debut single as a solo act, a certified gold record.

BC: I knew it had a shot when we released it, but we were all very pleasantly surprised when it became so big. It eased some of my fears of being a solo artist and kind of confirmed in my head that I had made the right choice.

I'm Scared
This was the first track on his self-titled 1976 debut.

BC: I was in New York City and it was cold at Christmastime and ... I was running back to my hotel and I passed this church.

I went in basically to warm my hands and sat in the very back pew. There was not another human being in there, but I felt this presence really and truly — not to sound corny. I left a little bit upset and ran back to the hotel, scribbled down some lyrics, and it ended up being I'm Scared. It's not a love song, it's a song about wondering and questioning.

Heavenly Blue
A song from 1980's Woman Love.

BC: (The song is) one of my mother's favourite things ever. It's one of those pretty heartbreak songs with a good vocal — one of the best vocals I ever did, I think.

Is It Really Right
A hit from 1976's Burton Cummings.

BC: That was supposed to be the title of the first solo album, but Portrait (Records) went all middle-of-the-road and decided to put me in a stupid striped suit (on the album cover).

We had this bizarre Mad Magazine-type cover ... a setup in the back alley.

We hired two middle-aged twins, (producer) Richard Perry, my road manager Jim Martin ... and a couple of sexy models. We were all sitting around the big white grand piano as if it were a piano bar ... (that) original cover was fantastic.

> "We were all very pleasantly surprised when it became so big. It eased some of my fears of being a solo artist.
> Burton Cummings on Stand Tall

You Ain't Seen Nothin' Yet
A cover of estranged former Guess Who bandmate Randy Bachman's hit with Bachman-Turner Overdrive.

BC: It was kind of meant to p— Randy off, but when the royalties started flowing in for him, he wasn't so p—d off anymore.

Originally I had planned to start that cut with the cash registers chinkling, but Richard (Perry) and I decided maybe that was going a bit too far.

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MANITOBA ELECTION 2016

Leaders on the campaign trail

Liberal leader Rena Bokhari.
METRO FILE

PC leader Brian Pallister.
THE CANADIAN PRESS

NDP leader Greg Selinger.
THE CANADIAN PRESS

Liberals lose full slate

The Manitoba Liberal Party has lost four candidates for the April 19 election due to problems with their nomination forms.

Elections Manitoba says candidates in four rural constituencies – Agassiz, Arthur-Virden, Lac Du Bonnet and Lakeside – had improper address information for people who signed the nomination papers.

The agency says the nominations were submitted so close to Tuesday's deadline, there was no chance for the candidates to go back and fix them.

This is the first time since 1999 that the Liberals will not run a full slate of 57 candidates.

Tories announce new business advisory group

Manitoba Progressive Conservatives say they'll establish a new business advisory council if they win the April 19 provincial election.

Tory Leader Brian Pallister says the council would be comprised of 12 members from chambers of commerce and other business groups, work with the premier's office and be tasked with finding ways to create jobs and boost the economy.

The NDP government already has an economic advisory council s, but Pallister says the economy has not done well under the NDP and a new approach is needed.

NDP focus on green power

Manitoba New Democrats are offering more help for people who want to cut their energy bills.

NDP Leader Greg Selinger says if his party is re-elected, he will cut interest rates on the PowerSmart program, which lends money to home and business owners so they can make their buildings more energy efficient.

He says homeowner rates would be cut to 2.9 per cent from 3.9 per cent and business rates to 2.9 per cent from 5.6 per cent.

The NDP are also promising to expand geothermal heat initiatives, as well as water and energy-saving programs business.

THE CANADIAN PRESS

NewLeaf gets the CTA green light

Braeden Jones
Metro | Winnipeg

A company promising to offer cheaper domestic airfare in Canada has been given the go ahead to take-off, but just don't call them an airline.

The Canadian Transportation Agency (CTA) ruled this week that NewLeaf Travel can operate legally as planned – selling discount airline seats without an air license – if they make it clear they are a "reseller."

The CTA is adamant that their approval of NewLeaf operations, and the ruling itself, hinges on the critical distinction between what makes the company a "reseller" rather than an "airline."

"Resellers – companies who purchase seats from an air carrier and resell them to the public – will not be required to hold an air license, so long as they do not hold themselves out to the public as being an air carrier that is operating an air service," the CTA said in a prepared statement.

Laurie Maybury, a CTA spokesperson, said the decision reflects an evolving air-transportation industry, and how "the agency is responding to a new business model that was prompted by consumer demand."

The entire review of reseller operations was prompted after NewLeaf launched to much public fanfare for promised cheap fares in January.

By mid-month, NewLeaf backpedalled and refunded customers, saying its ability to operate was "ambiguous" while the CTA reviewed the way it licenses resellers and indirect air service companies.

NewLeaf CEO Jim Young.
METRO FILE

Headquartered in Winnipeg, NewLeaf's service will initially take off using two planes operated by Canadian-based Flair Airlines. Young said the goal is to increase the number of Boeing 737-400 passenger jets in the air by 13 over the next three years.

> The agency is responding to a new business model that was prompted by consumer demand.
> Laurie Maybury, CTA spokesperson

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ROB FORD

'He's the mayor in heaven'

Rob Ford was many things — father, husband, brother and coach — but in the end, he will be remembered as simply "the mayor."

Speaking in front of a packed St. James Cathedral, Ford's daughter Stephanie, 10, recalled how her father was an "amazing dad" and the "best mayor."

"(He's) the mayor in heaven now," she said, her voice steady as she stood beside young brother Dougie, 8, and her visibly shaken mother, Renata.

Ford's political life was front and centre at the very public funeral on Wednesday, where more than 2,000 mourners filled the pews, spilling over into tents erected on the lawn and the street in front of the church.

"Rob, I'm going to miss you like crazy," brother Doug said.

Mourners decked out in Ford Nation T-shirts and caps packed the street as if it were a parade — the sound of bagpipes and chants of "Rob Ford" and "best mayor ever" announced the casket as it made its way through the streets of Toronto.

Ford was famous for his straight-talking demeanour and his slogan "stop the gravy train." There was little mention of his scandals.

TORSTAR NEWS SERVICE

Former Toronto mayor Rob Ford's widow Renata looks on as daughter Stephanie speaks at her father's funeral.

THE CANADIAN PRESS

Nine killed in fire in remote First Nations community

ONTARIO

Pikangikum is no stranger to tragedy

Nine members of a family, including three children under five, have died in a house fire in a remote northern Ontario First Nations community that has seen more than its share of human tragedy.

A resident of the Pikangikum First Nation, who did not want to be identified, said three generations of a family died in the blaze that destroyed their home late Tuesday.

The resident identified the victims as Dean and Annette Strang, their son Gilbert, their daughter Faith, Faith's three young children and two common-law partners.

Ontario Provincial Police Const. Diana Cole said the fire broke out late Tuesday in the remote community near the Manitoba-Ontario boundary.

The cause of the fire is under investigation and police remain on the scene, Cole said.

Alvin Fiddler, grand chief of the Nishnawbe Aski Nation which represents First Nations in northern Ontario, said he spoke Wednesday with Pikangikum Chief Dean Owen, who sounded exhausted.

"The shock of losing so many people in one tragic event is overwhelming," said Fiddler.

Fiddler described Pikangikum as "ground zero" when it comes to infrastructure requirements such as housing, access to clean drinking water and the capacity to fight fires.

Prime Minister Justin Trudeau offered his condolences to the community and said his government will work to improve conditions for First Nations people.

Those familiar with the remote fly-in community say the fire is shocking, but not especially surprising.

Deplorable living conditions in Pikangikum have been the subject of public debate for decades. The community's struggles with poverty and suicide rates have been well-documented, but visitors say that awareness has done little to bring about real change.

The community has also been grappling with a long-standing water contamination issue. A federal government website indicates Pikangikum has been under a boil water advisory since January 2006.

THE CANADIAN PRESS

A smouldering house at the Pikangikum First Nations community on Wednesday.

HANDOUT/THE CANADIAN PRESS

POLITICS AND TODDLERS PRIME MINISTER'S PLAY DATE Prime Minister Justin Trudeau spends some time with Sarah Nguyen, 3, during a stop at the Mill Woods branch of Edmonton Public Library in Edmonton on Wednesday. Trudeau is facing renewed criticism over employment insurance changes, but the prime minister says the issue boils down to "cold, hard mathematics." CODIE MCLACHLAN/THE CANADIAN PRESS

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SLEEP

Desk hammock rescues nap time

If you've ever tried to take a nap with your head perched on your desk, then you probably know how awkward and uncomfortable waking up from a desk-top snooze can be.

One Toronto design student has turned this real life struggle into an idea, and invented a hammock that installs cleverly under your desk, to ensure you get some proper shut-eye.

Nineteen-year-old Aqil Raharjo, a second year student at OCAD, has created the Schnap Desk Hammock — "a nap in a snap" — that allows you to curl up under your desk or table for a quick power nap.

Raharjo was inspired by his fellow students, who were all dealing with long hours while working on projects.

The hammock hangs from two c-clamps attached to the edge of the table, but you don't have to worry about the safety of your surface — the Schnap also comes with table protectors.

Although Raharjo says the hammock is still in its development and research stage, he hopes to have it available to purchase online, and is looking for members to join his team.

REBECCA WILLIAMS/METRO

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The Park Theatre | 9:00 pm | Tickets: $20
HOSTED BY: Bruce Clark with Andy Kindler

Manitoba Liquor & Lotteries Gala
Truth Bomb
The Pantages Playhouse | 9:15 pm | Tickets: $37
HOSTED BY: Mary Walsh
CAST: Danish Anwar, DeAnne Smith, Peter White, Adrienne Fish, Pete Johansson, Simon King

Good People
with Pete Johansson
The Park Theatre | 11:00 pm | Tickets: $15
STARRING: Pete Johansson

WCF Rumor's Comedy Club Series
Rumor's Comedy Club | 10:30 pm | Tickets: $15 (18+ no minors)
FEATURING: Graham Clark

CRUMBS & Friends
Gas Station Arts Centre | 10:30 pm | Tickets: $15
HOSTED BY: CRUMBS (Stephen Sim and Lee White)
MUSIC BY: DJ Hunnicutt

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CLIMATE CHANGE ANTARCTICA MELTING FASTER THAN EXPECTED

In this January 2015 photo, Gentoo penguins stand on rocks near the Chilean station Bernardo O'Higgins in Antarctica. Warmer air, less frigid water and gravity may combine to make parts of Antarctica's western ice sheet melt far faster than scientists had thought, raising sea levels much more than expected by the end of the century, according to a new study. In a worst-case scenario, the fast melting could raise sea levels in 2100 by 46 to 86 centimetres. Even if countries control heat-trapping gases at the moderate levels, it would still mean seas eight to 31 centimetres higher than have been forecast. THE ASSOCIATED PRESS FILE

PM's information on attacker's laptop

BRUSSELS

Security around Charles Michel heightened

A laptop used by one of the Brussels bombers contained images of the Belgian prime minister's home and office, an official said Wednesday, heightening fears after last week's attacks on the airport and subway system.

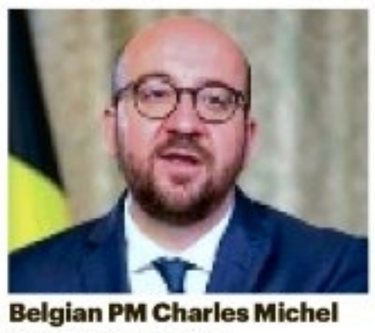
Security around Prime Minister Charles Michel has increased since the Nov. 13 attacks in Paris and in Brussels last week. Michel also has had several unspecified death threats over the past years, the official said.

A laptop found near the hideout of the suspects of the March 22 airport bombing first gained notoriety because it contained a sort of will of suicide bomber Ibrahim El Bakraoui, in which he spoke of being "in a haste" and "no longer know(ing) what to do."

The computer was also "full of stuff" on many locations around Brussels in information garnered from the Internet, said an official linked to the investigation.

The official, who asked not to be identified because the investigation is ongoing, said that at the moment there were "absolutely no" specific indications that Michel was under threat from the attackers.

In propaganda material distributed Tuesday, Daesh described the Brussels attacks as part of "a war against all their tyrants and pagans; a war against secularism." The material showed a still of surveillance footage showing the two airport bombers. The attacker who escaped with his life, wearing a dark hat, was cropped out.



Belgian PM Charles Michel THE ASSOCIATED PRESS

In all, 32 people died in the attacks on Brussels international airport and the Maelbeek subway station and 87 remained in hospital. Three attackers were killed when their bombs exploded and police are looking for at least one more suspect. THE ASSOCIATED PRESS

U.S. PRESIDENTIAL RACE

Clinton aims to end Sanders' run

Hillary Clinton's campaign aims to effectively end the Democratic primaries against Bernie Sanders by early May. But first she needs to navigate tricky contests in Wisconsin and her home state of New York.

Clinton enters April with a big delegate lead and insider support among Democrats crucial to the nomination. But Sanders is pointing to victories in five of the past six states holding contests and views Wisconsin as a home for the progressive causes he has long supported.

"We are on a roll. Our campaign has momentum," Sanders told a crowd of about 4,000 Tuesday night in Milwaukee.

A win by Sanders there next week would put pressure on Clinton to deliver in New York, which she represented in the Senate. Wisconsin, with its mix of urban and rural voters, could offer parallels to its Midwestern neighbours. Sanders' triumph in Michigan earlier this month was one of the biggest moments of his campaign, but Clinton defeated him a week later in Illinois and Ohio, setting up a new fight. THE ASSOCIATED PRESS

Hillary Clinton attends a campaign rally in New York on Wednesday. AFP/GETTY IMAGES

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Thursday, March 31, 2016

ROSEMARY WESTWOOD **FORD FUNERAL**

THE LAST WORD ON A LEGACY

Part funeral, part parade, part political rally — Rob Ford's sendoff brought the press, public and political class together in a show of deference and respect that felt no less peculiar for being entirely appropriate. Thus, in his final act, **the inimitable ex-mayor managed to unite a city he once divided.**

Death is strange even under the most ordinary of circumstances, but when the dead is Rob Ford, it is a spectacle stranger than most.

Since Ford succumbed to cancer last week, at only 46 years old, Toronto's most outlandish and controversial political figure has received the warmest treatment of his embattled life. That may be fitting, but it also feels exceedingly odd.

Toronto media — almost uniformly combative by the end of Ford's term — has become the picture of politeness.

City hall — home to some of Ford's most cutting critics — extended the very rare honour of hosting a two-day public visitation with Ford's body lying in repose in a Toronto-flag-draped casket (surprisingly regular in size, given his personality and stature).

Ford Nation and its fringes lined up by the hundreds for hours to pass by the dead former mayor, who won their deep adoration through a dogged ground game, off-colour politics and the redemption story that was his battle with substance abuse. And they came again in droves on Wednesday morning for the procession and funeral.

Waiting outside city hall, the crowd off-kilter renditions of Amazing Grace, When the Saints Go Marching In, and Bob Marley's One Love — a musical message out of keeping with Ford's tenure as mayor, but one that suits exactly this city's sendoff. I thought I heard them sing "One love, One Ford…" Though I can't be sure.

When Renata, Ford's widow, and children arrived, the crowd let out a cheer worthy of a celebrity. "We love you, Renata!" they yelled. She, looking somewhat shocked, but grateful, blew the crowd a kiss with both hands.

An hour later, when Ford's casket exited city hall, Ford Nation again swelled with clapping and cheers. A security guard charged with keeping the taxpayers at bay wiped away a tear. When I later asked her if she had been crying, her eyes welled and she smiled, but wouldn't say.

"We love you, Doug!" someone yelled, and everyone ignored the city councillors who followed behind him. "They should have had the voters go before (the councillors), the way they treated him," one woman scoffed. And indeed, as the procession got moving, the public overpowered security guards and forced their way into line, waving Rob Ford flags and shouting, "Best mayor ever!"

The security team could only shrug. "Well, at least you tried," one city official said. They should have known there's no holding back Ford Nation.

It was part funeral procession, part parade, part political rally that wound through the blocked-off downtown streets. The bagpipes were too far ahead to be heard by the Fords, plodding behind the hearse, and so the raucous cheers from hundreds of followers provided their soundtrack. At times, it had Doug Ford and his family grinning. Later, he fought back tears during his funeral speech, promising to "continue respecting taxpayers."

That was after Ford's daughter told church mourners that her father, "an amazing dad," was now "mayor of heaven" — underlining that even for a grieving daughter, there is no separating Rob Ford from Rob Ford. There wasn't in life, and there isn't in death.

Along the procession route, a group of onlookers appeared to be taken in more by the spectacle's power than by grief. "Have mercy on us all," one remarked before walking off, an invocation that was difficult to parse. Mercy for those feeling apocalyptic about what Ford Nation indicates about our politics? Or mercy for those who feel implicated by how Ford was maligned when he was alive?

Bringing up the rear was a young white man in a ball-cap and doo-rag, dragging a speaker on wheels blasting '90's rappers UGK's One Day: "So I'm a take care of my business on the smooth tip/Watch my back sellin' crack and pack two clips/… It's a trip you're here today but the next day you're gone."

Indeed. One day you're a national embarrassment, and the next day you're eulogized by a former premier during mass at St. James Cathedral as "Canada's mayor," with two archbishops on hand and a world-renowned organist.

One reporter later saw fit to mention that he saw not a single protester all day. But of course he didn't. Rob Ford has had the last word on his legacy. And it's one love.

Ford's widow Renata flanked by her children cries next to her husband's casket at his funeral on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

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Deadpool is now the highest grossing R-rated film in history

Navigating the new world of sex

INTERVIEW

Journalist pens book based on talks with young women

Over the course of roughly three years, journalist Peggy Orenstein interviewed more than 70 young women, along with psychologists, academics and other experts, about the sexual landscape facing girls today.

Those frank discussions — on everything from hookup culture to sexting — formed the basis for her latest book, Girls & Sex: Navigating the Complicated New Landscape. It's an eye-opening look at how modern young women view intimacy, relationships and their own bodies.

Here, Orenstein talks about her findings from her home in Berkeley, Calif.

What was your big takeaway from all that research?
I went into it as a journalist, author and a parent. The biggest thing that I took away was the necessity of normalizing discussions of sexuality with your kids as a parent, and not putting it into a special box or category — not having "The Talk," but integrating the broad discussion of sexuality and intimacy and pleasure and all of that into everyday conversation.

Did anything surprise you?
One of the big things that surprised me is how it had become the accepted pathway to a relationship for kids — you start with a hookup, the last thing you do is date. I wasn't aware of that.

Modern girls have strong role models. But this one quote from a girl you spoke to jumped out at me: "I guess no one ever told me that the strong female image also applies to sex."
She had just said that her mother and grandmother were these incredibly powerful women, then said women are supposed to be deferential and agreeable when it comes to oral sex. If I had been interviewing these women about their public lives, their time in school, their plans and dreams and ideas, I would've come away inspired. But we haven't extended that to their intimate lives, even while culture has become more sexually explicit. That's a recipe for a lack of satisfaction — and victimization — in girls.

What can parents do to help their daughters — and sons — understand the world of sex and intimacy?
Talk to our children about sexual autonomy, ethics, reciprocity. When we talk about anatomy, we never talk about the outside of a girl's body. We don't tell them about it as parents, we don't tell them about it school, then we expect them to go into sexual encounters. We set them up to think boys are the only ones who take pleasure in sex, that it's not about women.

Many progressive parents are good about talking about risk, danger and consent. They've talked about birth control and disease protection, that no means no and yes means yes. But they haven't talked about joy, pleasure and entitlement. They haven't talked about masturbation. We don't tell girls what a clitoris is, and that it's there to make good feelings.

Girls ask all the time: "I've heard girls have orgasms, but how does that happen?" Boys sure know. We tell boys puberty is defined by erections, but girls' puberty is about periods and unwanted pregnancy.

How do you think this should translate to sex ed in schools?
I know there's controversy about (Canadian) sexual education classes, but what they're doing is right. Explicit conversations about pleasure, masturbation, ethics, treating each other well — actually help young women make choices that they're happier with.

It results in less regret, less shame and less unwanted behaviour. In the U.S., we know that abstinence education is a disaster.

TORSTAR NEWS SERVICE

> If I had been interviewing young women about their public lives ... I would have come away inspired. But we haven't extended that to their intimate lives.
> Peggy Orenstein

Peggy Orenstein interviewed more than 70 young women for her new book. CONTRIBUTED

Three Musketeers gets a modern LGBTQ twist

YOUTUBE

Grads turn Dumas tale into sorority story

Lauren Evans and Sarah Shelson, right, are the producers behind All For One. TORSTAR NEWS SERVICE

When authors such as Jane Austen, Alexandre Dumas and William Shakespeare sat down to pen the pieces that would make them household names, there was no Internet and certainly no such thing as video blogging.

But do a few Google searches today and you'll find their famous characters alive on YouTube, with some modern twists that are turning a whole new generation into lovers of classic literature.

To thank for the renewed interest in tales that teachers usually have to prod their students to read are literary web series — videos that have reimagined Romeo and Juliet as university students or Charlotte Bronte's Jane Eyre as a nanny enrolled in nursing school.

And the newest to join the phenomenon hails from Toronto, where Corus Entertainment and a pack of recent university graduates are toning down the swashbuckling in Dumas' The Three Musketeers to make the book's prolific adventurers into modern-day LGBT sorority girls.

Called All For One, their online series releases episodes three times a week on ABC Spark and YouTube for a total of 30 episodes in all, running so far at about 5 minutes each.

It debuted in early March, but already creator Sarah Shelson says, "We're seeing a few viewers say they're picking up the book to read along or if they've already read it, a few are telling others to get out there and grab it to read as they watch."

The trend of using the web to let updated literary characters talk directly to the camera in video-diary styled episodes spanning only a few minutes each grew out of The Lizzie Bennet Diaries, a video blog series that updated Austen's Pride and Prejudice, created by Pemberley Digital in 2012.

While its message was much the same as Austen's original — casting Bennett as a debt-ridden grad student who lives with a mother so eager to see her daughter settled down that she prints the book's famous first line "It is a truth universally acknowledged, that a single man in possession of a good fortune must be in want of a wife," on a T-shirt — it managed to attract a modern audience by doing away with the book's dated language, pomp and circumstance. When it aired on YouTube, The Lizzie Bennet Diaries received millions of hits and won an Emmy for original interactive programming.

Two years later, Pemberley Digital, helped Shelson launch The March Family Letters — a web series that transplanted the famous sisters from Louisa May Alcott's Little Women into a 21st century, Toronto apartment.

"I had loved the story since I was little," said Shelson, whose mom originally encouraged her to read the book.

The series was strung together as "a labour of love" with only passion, some support from Ryerson University and a budget of less than $50,000.

But that's part of the beauty of the medium and why it's expanding. "All you really need is a book that you care about and that is (available) for use, a camera … and the need to create a good story," says Lauren Evans, Shelson's co-producer.

But crafting classic characters with a modern twist who mimic their audience is a double-edged sword; some viewers will always "have their own attachments to and love for" the originals, says Shelson.

That's why Aramis (Ariana) is still ambitious, Athos (Alex) is as secretive as ever and Porthos (Portia) remains the extrovert. And as with the original, they must rise up and fight a powerful body: the school's student union.

"The heart of the story is there, but we take some liberties to make it a fun romp of a series," Evans says.

TORSTAR NEWS SERVICE

REVIEW

Doctor Who is back in comics

Mike Donachie
Metro | Canada

The Fourth Doctor
BY: Gordon Rennie, Emma Beeby and Brian Williamson
PUBLISHER: Titan Comics

The scarf. The hat. The curly hair. The bag of jelly babies. The manic smile.

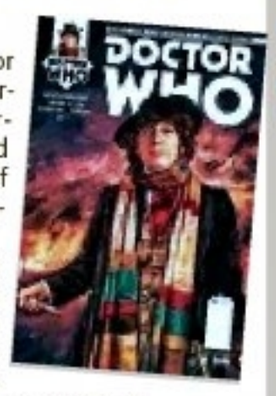
Doctor Who may have had a hugely successful TV reboot, but for many fans the definitive Doctor is the fourth one, portrayed by Tom Baker from 1974 to 1981.

Now Baker's take on the regenerating, irascible, time-travelling alien is back in comics, with part one of the five-part Gaze of the Medusa out this week.

It's like the best of the TV show: a creepy story set in Victorian England, and the Doctor's companion is the incomparable Sarah Jane Smith. This is the good stuff, and it really is creepy.

The creators are channelling some of the best of 1970s Doctor Who with the setting, the twists and the action-oriented approach.

If you prefer books to floppies, there are dozens of collections available from Titan. For help narrowing it down, look for the writing of Paul Cornell, Al Ewing or Robbie Morrison characters, and the art of Simon Fraser.



The other books cover Doctors Eight to Twelve, which is all the "New Who" plus the version that only had a TV movie and wasn't picked up for an ongoing show, but it's a special pleasure to see Four return.

He was always the best.

BOOKS

Archie Volume 1
BY: Mark Waid, Fiona Staples, Annie Wu and Veronica Fish
PUBLISHER: Archie Comics

The old gang is back, still as sassy as ever, but somehow... more fresh.

It's the new Riverdale, rebooted and collected in trade paperback. And it's really fun. It may be an update, but the essential parts are there. Archie is a klutz, Jughead won't stop eating, Betty is impossibly nice and Veronica is possibly a demon given human form. If you like high school comedy, with a little romance, this is worth a look. MIKE DONACHIE/METRO

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Parties aplenty in coming-of-age tale

MEMOIR

Rob Spillman reflects on his experiences in East Berlin

Sue Carter
For Metro Canada

Last week, a new museum opened in Germany, dedicated to those who lived under the shadow of the Berlin Wall. The first 1,000 visitors to the Wall Museum received a small souvenir chunk from the concrete structure, a kitschy token of the 155-kilometre-long barrier that physically divided the city from its construction in 1961 to its eventual fall in 1989.

The Berlin Wall is more than just a Cold War relic or tourist destination for Rob Spillman.

The co-founding editor of influential New York literary magazine Tin House spent much of his formative years in West Berlin. Restless and filled with romantic idealism, 25-year-old Spillman returned to the city just months after the Wall came down, seeking adventure, writerly purpose and bohemian camaraderie. He shares his youthful experiences in his new memoir, All Tomorrow's Parties, a captivating coming-of-age story and snapshot of a city in flux.

Spillman, the German-born son of divorced American opera musicians, did not have a typical upbringing.

Instead of Little League or Boy Scout camp, he spent his youth immersed in theatre, hanging out at his father's rehearsals and performances. Young Spillman knew he wanted an artistic life — and even performed in operas as a kid — but struggled with his own identity and dark feelings of being an outsider amongst free spirits, only finding solace among his books.

"I knew I wanted to be creative," he says, "being surrounded by creative people all my life, but I didn't feel creative. Growing up surrounded by musicians and people who were living for their art definitely shaped the way I look at the world."

At the age of 25, Spillman was back in the U.S. working as a freelance writer along with his new wife, fellow author Elissa Schappell, when news of the Berlin Wall's fall dominated international news. Questioning whether his idealized artistic life could include marriage and a steady job, he convinced Schappell to move to Germany, and that's when All Tomorrow's Parties becomes a Hunter S. Thompson-esque journey.

Fuelled on absinthe from a Portuguese dive bar, the two eventually settle in East Berlin, a city in still in limbo under some kind of Mad Max rule as riot police battle with both skinheads and anarchist settlers. Laundromats don't exist yet, soup kitchens double as bars, and the streets are filled with old furniture, abandoned for newly available Western goods.

Despite his journalist credentials, Spillman didn't write about this unique experience at the time.

"I had this delusional notion that if I didn't write about it, it would keep going, the magic would not go away," he says.

"Not the most logical thought I had, but that was the feeling when I was there."

Spillman calls writing All Tomorrow's Parties a "10-year odyssey" in which he tried to be as "honest and empathetic as possible."

He imagined his audience to be his teenage self, or someone struggling with the same internal battles.

"I was writing the book not necessarily for people I know, but for the lost people out there who are adrift now," says Spillman.

"When I was 16, 18, a book saved my life, reading other people's narratives, either fiction or non-fiction was pivotal for me. It showed there was a greater world out there, and I wasn't alone."

Sue Carter is the editor at Quill & Quire magazine.

Rob Spillman's new book is called All Tomorrow's Parties.
FOSTER MICKEY

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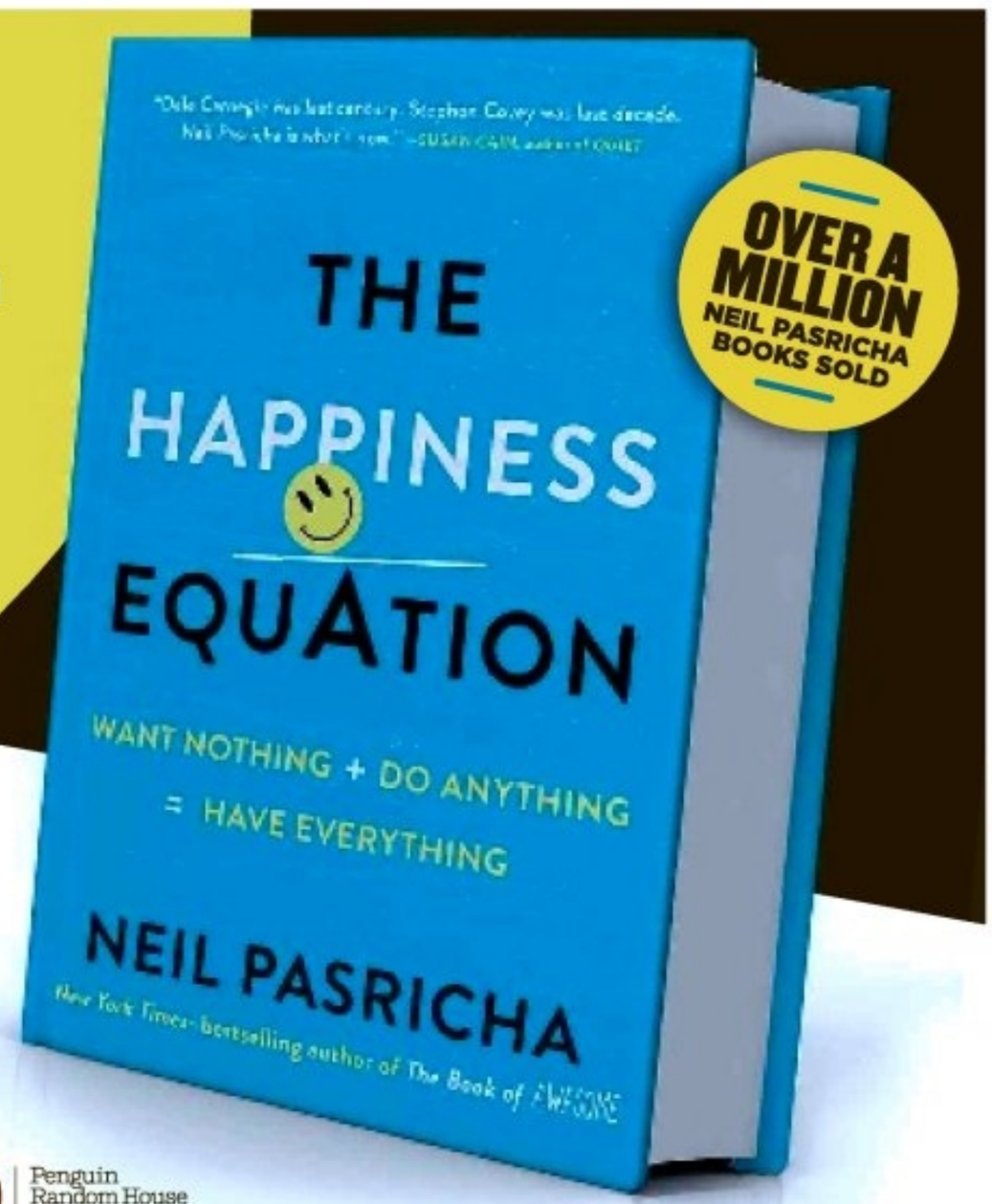
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Ikea's enigmatic founder, Ingvar Kamprad, turns 90

MEET THE CONDO

SkyCity soars in downtown Winnipeg

CONTRIBUTED

Project overview

When complete, SkyCity's 45-storey tower will be Manitoba's tallest structure. The mixed-use development includes retail, parking and office space on the first eight floors. A full 35 storeys are dedicated to luxury residential condominiums. And although occupancy isn't expected until 2019, over 150 units have been purchased since the project was announced last fall.

Housing amenities

Clean lines and contemporary finishes set the mood for these condos with nine-foot ceilings, stainless steel appliances and glass railings on the balconies. But it's the common spaces that steal the show, including a gym, basketball court, hot tubs, a fire pit, dog run and private barbecue areas. The SkyLounge on the 45th floor includes a games room, kitchen, dining room, theatre and lounge areas.

Location and transit

Transit access doesn't get any easier. SkyCity is at 245 Graham Ave. directly on the major transit corridor that connects to everything downtown and beyond. The development includes ample parking on the site below the bank of condos. But walking is likely a preferred mode of transportation for residents since services, entertainment and shopping are all only steps away.

In the neighbourhood

SkyCity rests in the SHED (Sports Hospitality Entertainment District) of downtown Winnipeg. The tower itself promises retail and entertainment options on the first few floors. Beyond that, MTS Centre, the Millennium Library and the Winnipeg Art Gallery are within walking distance and you're never far from The Forks or the Exchange District for more entertainment choices.

SHEL ZOLKEWICH/FOR METRO

NEED TO KNOW

What: SkyCity
Builder: To be announced
Designer: Kirkor Architects
Location: 245 Graham Ave.
Building: 45 storeys
Sizes: 529 square feet to 1,612 sq. ft.
Pricing: Starting in the $190,000s
Models: One bedroom, one bedroom plus den, two bedroom, two bedroom plus den, three bedroom
Status: Pre-construction
Occupancy: 2019
Sales centre: 279 Garry St.
Phone: (204) 222-2489
Website: skycitywinnipeg.ca

DESIGN WEBSITES

Harnessing the rich bounty of the Internet

There's Houzz. Remodelista. Home design Twitter feeds. Tumblr accounts. And of course, the granddaddy of all online decor depositories — Pinterest.

It's easy to get overwhelmed by online resources when remodeling or redecorating. Where should you start?

Home design experts and contractors offer the following tips on how to harness the bounty of the Internet for your next project:

Get organized

First, figure out the scope of your project and your goals. Redoing your kitchen, for example, is a lot different and more involved than finding a few natural accents for your living room mantle.

Are you going to do the work yourself? How-to blogs and sites like All Things Thrifty, DIY Network and This Old House are your new BFFs. Looking more for ideas to pass on to a contractor or designer? Head over to Houzz or Pinterest.

Don't overlook retailers though. Paint company websites are an underutilized home-design resource, says New York designer Karen Gray Plaisted.

Find your style

Figure out what you love. Are you a boho-chic kind of girl or do you gravitate more toward the clean, traditional lines of craftsman-style homes?

"To use home-design websites to find your own style, I'd advise you to pin or bookmark photos of every single room you love," says Amy Bell, owner of Red Chair Home Interiors in Cary, N.C. "The more rooms you save, the larger your 'data sample' will be. Once you have collected many images, take a step back and look for common themes that the images share."

Create a project page or board

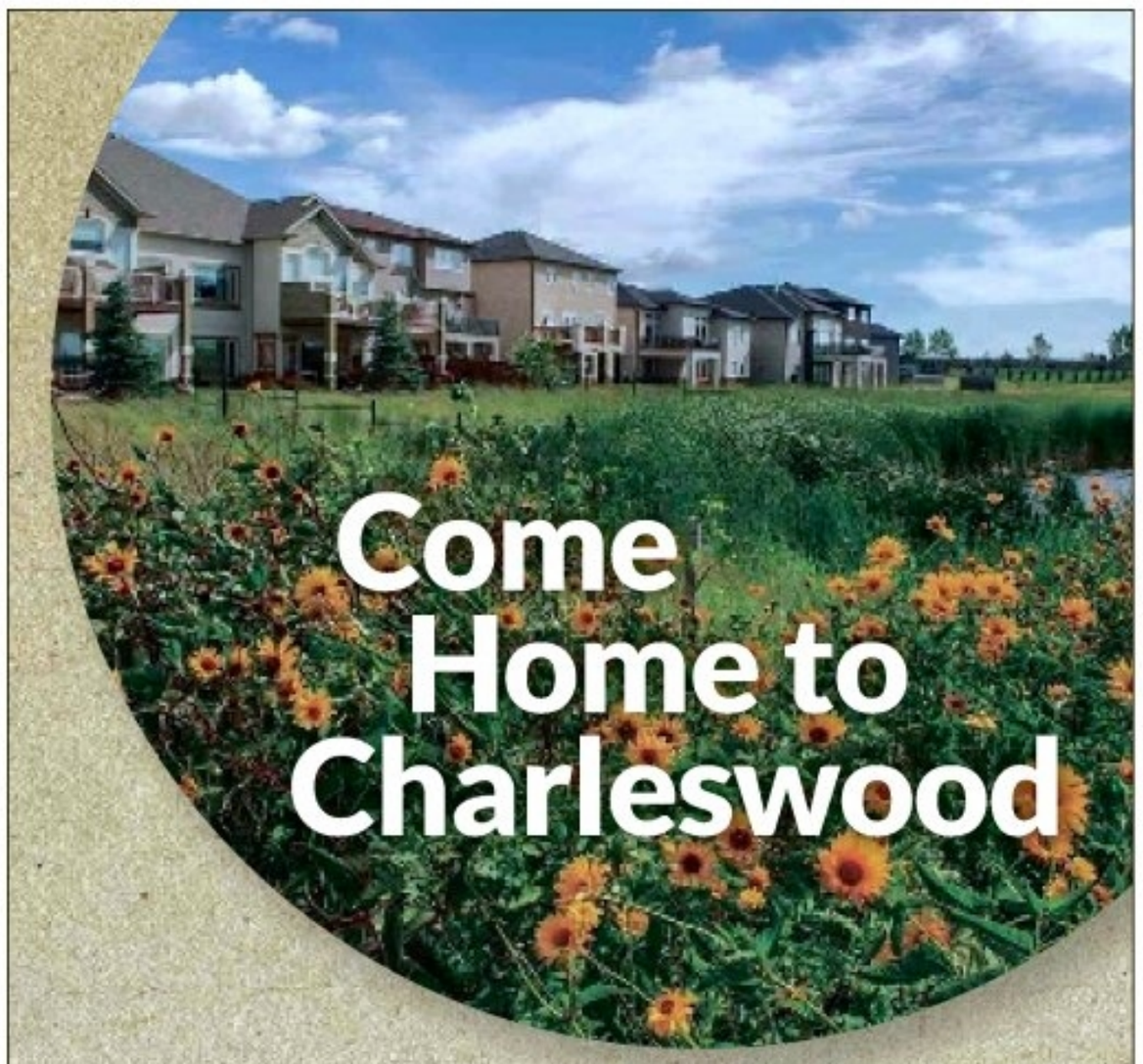
"Collection" sites like Houzz and Pinterest allow users to create an unlimited number of boards or "ideabooks." Go big and create one board for your entire project, or go smaller with more specific boards like Paint Colours, Accessories, Furniture, etc.

Design it yourself

If you're looking for the ultimate in control, Ikea, Lowe's and smaller sites like Roomstyler let you design your own rooms from scratch with a virtual planner. Type in your room's dimensions, then drag and drop furnishings, windows and other elements where you want. See what your living room would look like with wooden floors. Then tile. Maybe concrete.

Don't like it? Simply press delete. THE ASSOCIATED PRESS

This breakfast nook was designed with the help of the web. DECOR AID



RidgeWood West is a new development in Charleswood, bringing a fresh range of housing options to southwest Winnipeg.

Charleswood has always been a neighbourhood that's easy to fall in love with. A strong sense of community, and an abundance of forest and wildlife are the cornerstones of this part of town.

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For modern homeowners struggling with tiny closets and minimal storage, the solution may be converting a spare room into the ultimate walk-in closet. HOME DEPOT/CLOSET MAID

From spare room to a dream closet

TIPS

All your clothes spark joy? You might need more space

Longing for a bigger closet?

Remember that rooms in your home don't have to be used the way they were originally intended. Get creative and convert a small room into the ultimate walk-in closet, says Egypt Sherrod, host of HGTV's Flipping Virgins and Property Virgins.

"Homes built before the '80s just didn't have the room size that today's buyers have become used to, or the walk-in closets we've been trained to expect," she says. Giving up a room can be a big decision.

The trick is doing it on a minimal budget and retaining the flexibility to use the room differently in the future, says Kevin O'Connor, host of PBS' This Old House.

Choosing the space

Ideally, use the bedroom closest to the master bedroom, says Sherrod: "That way you have the option of opening up the wall to go directly in." Creating a doorway in a wall is relatively minor construction and can easily be undone, experts say.

DIY creativity

The simplest way to convert a small room is by lining the walls with clothing racks on wheels and with free-standing wire shelving units. You can customize the space by adding colourful bins and baskets.

Or you can create shelving that expresses your personal style. For a recent This Old House episode, O'Connor worked with a homeowner to build closet storage out of black metal pipes with wooden shelves. The industrial look brought a dose of style to the space, and the unit was sturdy.

"The few places they anchor to the wall give you nice rigidity," O'Connor says, but the shelves also are easily removable.

Another DIY project: To fill the centre of a room that Sherrod converted to a closet, she brought in two large bureaus of the same height and arranged them back-to-back. She had a sheet of granite cut to cover the tops, creating a work island that combines storage and a flat surface for arranging accessories or stacking folded laundry.

Interior designer Mikel Welch, previously a competitor on HGTV Design Stars, says another option is bringing in a pretty table for the centre of the room.

"For those who like to lay out their attire to help them choose their outfit for the day, a table would be perfect," he says. And for changing or trying things on, "having a snazzy upholstered bench or chaise in the space will certainly come in handy."

The finishing touch: Prop up a framed, full-length mirror on one wall. "It's sort of a boutique hotel look," O'Connor says, and easy to remove if you repurpose the room.

Consider a system

For a finished look with no DIY effort, there are many closet systems that offer a mix of hanging space and shelves. Some are free-standing and others are anchored to the walls. The more permanent systems are made to look like built-ins, Welch says, and "are a great way to maximize the space with a more customized look."

Additional pieces worth considering: "A great planning tool is a valet rod, which is a pullout rod that you can lay out your outfit for the next day on or use for staging for a trip," says Sarah Fishburne, director of trend and design at Home Depot. "I use mine all the time."

If you have enough space, she suggests adding jewelry trays and racks designed for belts and ties: "Some spin, and some you can slide out with plenty of space," she says.

THE ASSOCIATED PRESS

LET LIGHT IN

Bonuses and obstacles

A bedroom repurposed as a closet has ventilation and natural light that's lacking in many closets. "For people who care about getting the tie to match the jacket," O'Connor says, "there's nothing better than natural light."

metro SPORTS

Toronto's Kaitlyn Weaver and Andrew Poje, from Waterloo, Ont., are fourth after the short dance at the world championships in Boston

Big Bison eyeing Big Time

FOOTBALL

Idonije feels Onyemata will blaze new path into the NFL

Israel Idonije and David Onyemata share the same homeland, and both found football after arriving in Manitoba.

Despite their similar starts, Idonije says Onyemata will forge a different path to the NFL.

Idonije, 35, began his 11-year career in 2003 as an undrafted free agent with the Cleveland Browns. He believes Onyemata, 23, will be taken in next month's NFL draft.

"On my pro day, I had one team working me out while he had 17," Idonije said in a telephone interview. "When you look at his talent, there's no reason why he shouldn't be on somebody's draft board.

"He'll become the first Manitoban drafted into the NFL. What a great chapter in his story that will be."

Onyemata's story is unique. The six-foot-four, 300-pound defensive lineman from Lagos, Nigeria, began playing football just four years ago at the University of Manitoba.

David Onyemata, a 2015 first-team All-Canadian, began playing football four years ago.
MIKE CARLSON/GETTY IMAGES

Onyemata won the Metras Trophy as Canadian university football's top lineman. He played in the East-West Shrine game and, at second overall, is the top-ranked CIS prospect for the CFL draft.

Two weeks ago, Onyemata — who's represented by Carter Chow, one of star quarterback Tom Brady's agents — enhanced his draft stock south of the border at his pro day. With 17 NFL scouts present, he posted 33 reps in the bench press, had a 33-inch vertical jump and nine-foot-11-inch broad jump while posting a 40-yard dash time of 5.06 seconds.

Idonije, also a Lagos native, immigrated to Brandon with his family at age four. He began playing football in high school before heading to Manitoba, where he captured the 2002 Metras Trophy as a defensive lineman and participated in the East-West Shrine game before becoming the first Bison to crack an NFL roster in 2004 with the Chicago Bears.

Idonije spent nine seasons with the Bears, playing in their 2007 Super Bowl loss to Indianapolis. He finished his career in 2014 with the New York Giants and earlier this month Manitoba retired Idonije's No. 70, the school's first football player to receive the honour.

Onyemata's two biggest challenges are his football inexperience and having played collegiately in Canada. Ironically, Idonije heard the same in 2003.

"Personally, I don't put much into it because I was that guy," Idonije said. "Yeah, I never played football but I can run faster than most people, I'm stronger than most people so the things I don't know, teach me. Generally, if you're a good teacher then you should be able to help me get there.

"The biggest things holding back the Canadian athlete, as far as collegiate football, are their mindset and mentality. There are guys I played with at the University of Manitoba who could've played in the NFL if they had a different mindset."

Idonije lists Onyemata's mindset and coachability as his best assets. The latter is especially important during training camp as many veterans are willing to divulge tricks of the trade to open-minded rookies.

"I remember in Cleveland having legendary guys like Courtney Brown (2000 first overall pick), Orpheus Roye and Kennard Lang who were like, 'Hey rook, see this? When you see this, do this,'" Idonije said. "That accelerates your learning curve and overnight you can learn quickly and understand the concepts you know little about.

"There's a lot of talented kids out there but you must be coachable and willing to take coaching and apply it. I'll take a kid who's not as talented but knows his playbook front to back, gets into the game and executes what he knows and is 110 per cent effort on the field. David has those qualities ... and all the intangibles you look for."

THE CANADIAN PRESS

> **The biggest things holding back the Canadian athlete, as far as collegiate football, are their mindset and mentality.**
> Israel Idonije

IN BRIEF

Senators return to winning ways on road versus Jets

Alex Chiasson and Zack Smith scored for the Senators as Ottawa snapped a four-game road losing streak with a 2-1 victory over the Winnipeg Jets on Wednesday night.

Winnipeg's third period equalizer extended point streaks for Mark Scheifele and Blake Wheeler to five and six games, respectively. Scheifele added to his team-leading goal total with his 26th of the season with Wheeler assisting on the play.

THE CANADIAN PRESS

Chan solid in worlds opener

Canada's Patrick Chan took his first step toward a fourth world championship medal at the world figure skating championships.

The three-time world champion, who is making a comeback after an 18-month competitive break, finished 94.84 points in Wednesday's short program in Boston.

Defending world champion Javier Fernandez of Spain finished with 90.74 points.

THE CANADIAN PRESS

Raptors hit 50-win plateau

The Toronto Raptors have won 50 games for the first time in franchise history.

The Raptors reached that mark with a 105-97 win over the Atlanta Hawks on Wednesday evening.

THE CANADIAN PRESS

Jewel 100.5 FM
Lite & Refreshing
THE BEST VARIETY
AT HOME...ON THE ROAD... OR AT THE OFFICE

Jays primed to soar again

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

Darin Mastroianni avoids Blue Jays catcher Humberto Quintero's tag during the Twins' 4-3 spring training win on Wednesday in Fort Myers. TONY GUTIERREZ/THE ASSOCIATED PRESS

It's been quite an offseason, to say the least, for the Toronto Blue Jays, but the boys of summer are back.

After a 93-win season and a long-awaited return to the playoffs last year, the Jays have seen plenty of turbulence since the Royals beat them in the ALCS in October. But that hasn't diminished any of the anticipation from Jays fans around the country for Opening Day.

The departure of former GM Alex Anthopolous after the season sent shockwaves through the organization and fan base. After things seemed to settle down heading into spring training, Jose Bautista arrived in Dunedin and immediately unloaded both barrels at management regarding his impending free agency. Not exactly the way new president Mark Shapiro envisioned starting off.

Despite the turmoil and changes upstairs, the Jays enter this season still riding a wave of increased interest after their magical run in the second half of 2015. Expectations should be high for a team that returns with most of their key pieces intact.

The Jays' batting order is still as imposing as pretty much any in the majors: Sluggers Bautista and Edwin Encarnacion may be unrestricted free agents after this year, but both will be poised for big seasons to max out their value on new contracts. Throw in defending AL MVP Josh Donaldson and Troy Tulowitzki and the Jays still have the bats to challenge any staff in baseball every night.

Toronto led the majors in runs scored last year and are more than capable of repeating that feat. Which brings us to pitching. Despite the loss of ace David Price to the rival Red Sox, the Jays staff should be as good, if not better, this season.

> **Expectations should be high for a team with key pieces intact.**

Marcus Stroman will get the ball on Opening Day as the No. 1 starter and has the potential to be a true ace at the top of the rotation. Following him will be Marco Estrada, R.A. Dickey and J.A. Happ.

Fireballer Aaron Sanchez won the fifth starting spot after a great spring. This was only made possible by the relievers added to the roster this year.

Drew Storen, Gavin Floyd and Jesse Chavez join Brett Cecil and Roberto Osuna to form a formidable back end of the staff.

After all the turmoil of the offseason, the Toronto Blue Jays are ready to fly this season. Expectations are high, and they should be. Play ball!

CLOSE CALL

Osuna still Jays' go-to guy

Toronto Blue Jays right-hander Roberto Osuna will keep his job as the team's closer.

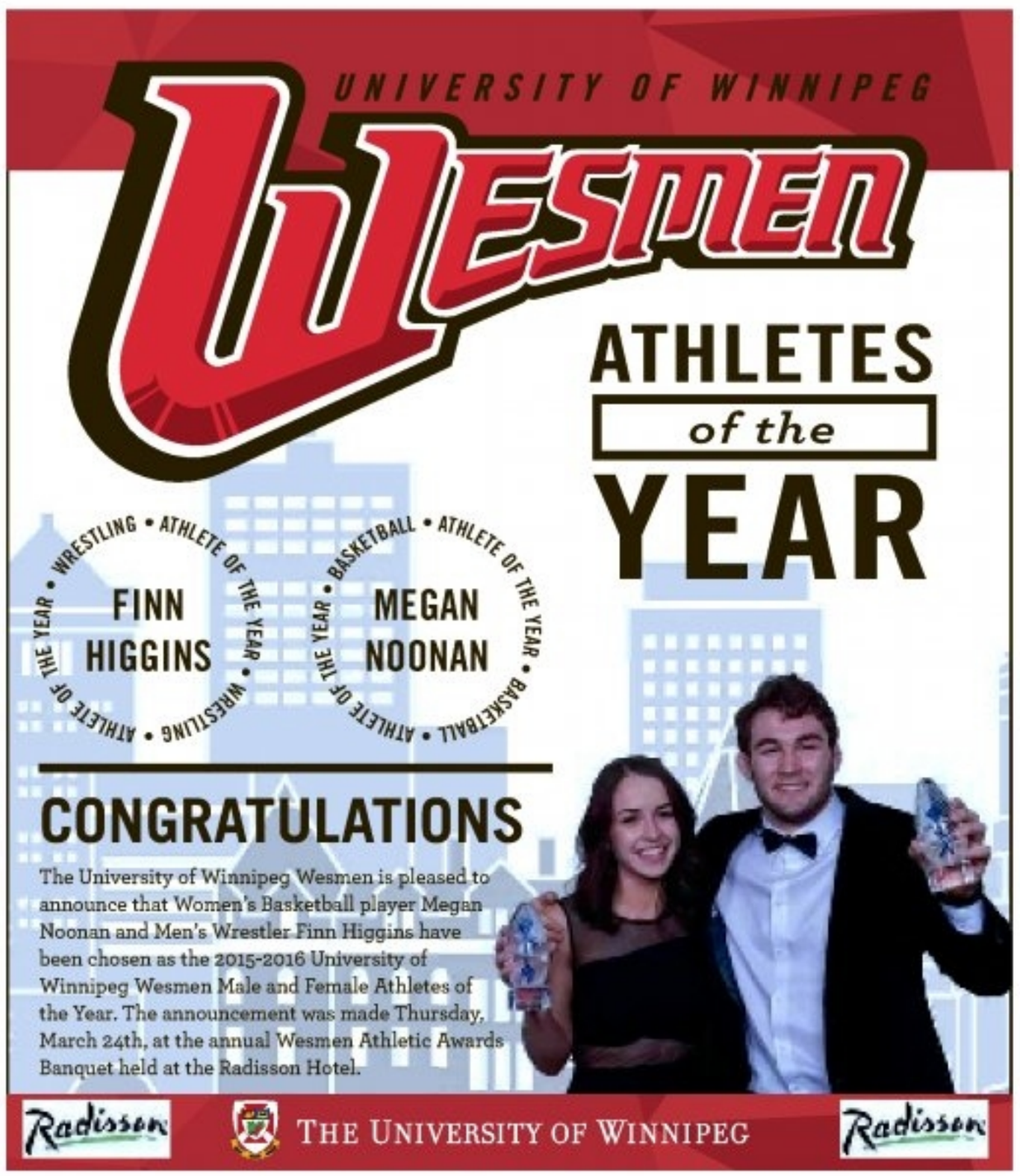
The 21-year-old held off a strong challenge from reliever Drew Storen, who was acquired from the Washington Nationals.

"I'm pretty happy to be in the ninth inning again," said Osuna. "It's about the confidence that (pitching coach) Pete Walker and the coaching staff, Gibby (manager John Gibbons), are giving to me. That means a lot to me, and I'm going to do my best."

Osuna was 1-6 with 20 saves and a 2.58 earned-run average in his rookie season last year. A big part of keeping the 21-year-old Mexican on as closer was his 1-1 spring with a 2.45 earned-run average.

Storen had 29 saves last year as a closer with the Nationals.

"He's fine, he said coming in, 'Whatever role,'" Gibbons said of Storen. "He's very valuable to us. We'll see how it shakes out." THE CANADIAN PRESS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WESMEN
ATHLETES of the YEAR
WRESTLING • ATHLETE OF THE YEAR • WRESTLING • ATHLETE OF THE YEAR •
FINN HIGGINS
BASKETBALL • ATHLETE OF THE YEAR • BASKETBALL • ATHLETE OF THE YEAR •
MEGAN NOONAN
CONGRATULATIONS
The University of Winnipeg Wesmen is pleased to announce that Women's Basketball player Megan Noonan and Men's Wrestler Finn Higgins have been chosen as the 2015-2016 University of Winnipeg Wesmen Male and Female Athletes of the Year. The announcement was made Thursday, March 24th, at the annual Wesmen Athletic Awards Banquet held at the Radisson Hotel.
Radisson
THE UNIVERSITY OF WINNIPEG
Radisson

DIGITAL SALES SPECIALIST

Star Metro Media is looking for an experienced, energetic and motivated individual to join our dynamic Sales team in Winnipeg. The Sales team is responsible for providing clients with access to leading-edge digital solutions. The right candidate will possess in-depth knowledge of the media industry and its trends, a focused, driven mind set and an eagerness to meet and exceed targets.

WHAT YOU WILL DO:

- Actively prospect and develop new business opportunities in conjunction with existing sales teams
- Build and maintain strong relationships with new and existing clients
- Respond to queries and follow up on all client calls and emails
- Prepare sales status reports and update account history
- Work collaboratively internally and externally to create and deliver digital marketing programs
- Develop innovative digital presentations
- Achieve and exceed allocated sales budgets
- Keep current in industry trends, including participating in industry related functions, conferences, seminars and committees
- Provide local digital support to designated market

WHO YOU ARE:

- Minimum of 2-4 years experience in a digital media sales role, or 3 years of experience in a traditional media role with a minimum of 1 year of digital sales experience
- Excellent oral and written presentation, communication and negotiation skills
- Strong understanding of Google ad words, Behavioural Targeting, Retargeting, Social, Mobile, Content Marketing, Email Marketing and SEO best practices
- Proficient in Microsoft Office applications
- Solid understanding of the media industry and its trends and prepared to make valuable recommendations based on that knowledge
- Digital subject matter expert
- Dedication to achieving results while maintaining a positive and motivated attitude
- Derives satisfaction from providing support and sharing expertise

Individuals interested and having the skills described are requested to submit their resumé and cover letter via email to hr@metronews.ca no later than April 3, 2016.

PLEASE QUOTE: "DIGITAL SALES SPECIALIST — Winnipeg" in the Subject Line. All submissions will be treated as confidential.

metro

RECIPE Salmon Sloppy Joes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You're wondering if a sloppy Joe can be yummy and healthy. Well, here's your answer. These gems have omega-3s from the salmon, vitamin C from the spinach and quinoa's iron and zinc goodness.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 1 Tbsp olive oil
- 1 clove garlic, minced
- 1/2 bunch fresh spinach, washed, trimmed and chopped
- 1 leek, washed well, trimmed and chopped well
- 2 cans salmon
- 1 cup cooked Quinoa
- 1 tsp lemon zest
- 2 Tbsp mayonnaise
- 1/4 tsp salt
- pinch of pepper
- good squeeze of lemon juice

Directions

1. Sautee garlic, leeks and spinach in olive oil over medium heat until the leeks and garlic begin to soften and the spinach wilts — maybe 3 to 5 minutes.

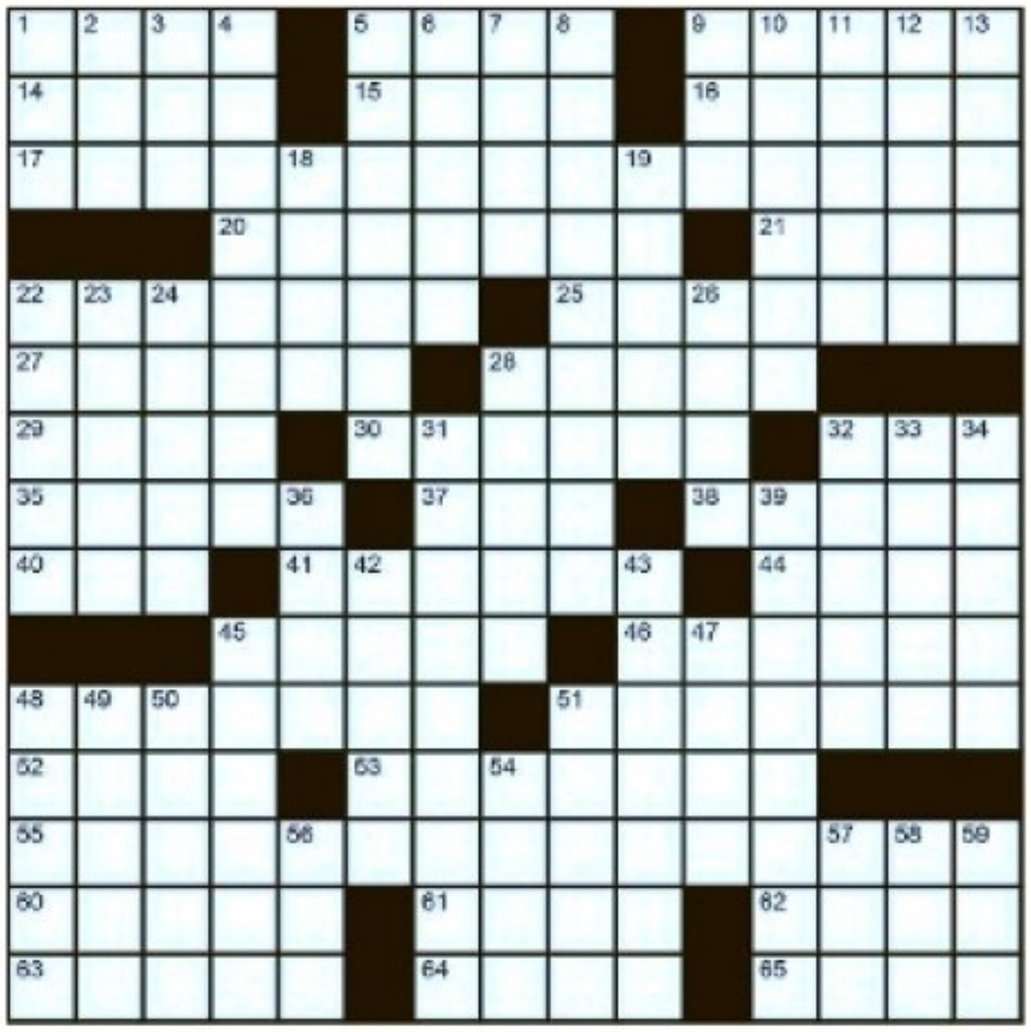
2. Drain and rinse the salmon and empty the fish into a bowl. Break it up well before adding leek mixture and quinoa and blend well. Stir in lemon zest, mayonnaise, salt, pepper and lemon juice.

3. Form the salmon mixture into patties. Cook over medium heat with a small amount of vegetable oil for about 3 minutes a side.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Paper's perspective piece
5. Attired
9. Ghana's capital
14. Cab
15. Vagabond
16. Grammy Awards org.
17. Bestseller by Canadian author Jane Urquhart which culminates with the sculpting of the Vimy Memorial in France: 3 wds.
20. Artist's prop
21. Concept
22. Yelling human
25. Saint Joseph's _ (Montreal church on Mount Royal)
27. Football kicker, sometimes
28. Sidekick
29. Vivienne's friend
30. Horrified
32. US law enforcement agcy.
35. Fast food hybrid utensil
37. Ump's call!
38. Clean with effort
40. Butterfly logo co.
41. Accepted practices
44. Possessive pronoun
45. Non-written finals
46. Start of a polite request...
48. Have fun on stage: 3 wds.
51. Yukoner's neighbouring state friend
52. Unfortunately
53. Pursuading people
55. Marconi National Historic Site of Canada, in Nova Scotia... Type of transmission made by Italian communications innovator Guglielmo Marconi, from Table Head in Glace Bay in Cape Breton, to Poldhu in Corwall in England, in 1902: 2 wds.
60. Caffeine nuts
61. _ Shan Mountains (Range in Central Asia)
62. Wicked
63. Anteater's nozzle
64. RR depots
65. Oversee

DOWN
1. Parliament Hill city, wee-ly
2. Oom-_ (Tuba sound)
3. Computer file suffix
4. Naysayer
5. "Love in the Time of _" (2007)
6. Solitude savourer
7. Aid and _
8. Highest academic degree
9. "Gimme _ '_'!" (Rimouski cheer starter)
10. Tooth's trouble
11. Words to live by
12. Less grilled
13. Try
18. England: _ Modern (London art gallery)
19. Chocolate bubbles treats
22. Muscle _
23. Camel formations
24. Chopping cook's crying causer
26. Sidewalk squishees, sadly
28. Train engine sounds
31. Hockey net supports
32. 1978 disco hit: "Le _"
33. City in Turkey
34. Norwegian dramatist Henrik
36. "Glee" role
39. Always-on-display game classic: 2 wds.
42. Barbecue _
43. Abdomen organs near stomachs
45. Bird: French
47. "_ and the Real Girl" (2007)
48. Raptors' competitors from Atlanta
49. In the Skin of _ _ (Novel by Canadian author Michael Ondaatje)
50. Actress/activist Ms. Thomas
51. Paul Bunyan, for one, in The States
54. "Be that _ _ may..."
56. Itty-bitty itemized item
57. "_ Maria"
58. Martini ingredient
59. Yore

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something that excites you today will happen, because you will be impulsive and hyper-enthused about the unexpected. A new twist in a relationship is possible.

Taurus April 21 - May 21
A surprise secret might be revealed today, which amazes you. It could be about you or about someone else. Whatever it is, it's exciting and a bit jawdropping.

Gemini May 22 - June 21
A friend will amaze you today by saying or doing something that catches you off-guard. Alternatively, you might meet someone new who is a real character — someone who is avant-garde or bizarre.

Cancer June 22 - July 23
A boss, parent or someone in a position of authority might shock you today. This person might say or do something you least expect. Nevertheless, don't quit your day job.

Leo July 24 - Aug. 23
Travel plans will be canceled, delayed or rescheduled today. Alternatively, you suddenly might have to travel if you are not expecting to do so.

Virgo Aug. 24 - Sept. 23
Check your bank account and legal documents because something having to do with shared property, inheritances and insurance matters suddenly might change today. Make sure you are on top of your scene.

Libra Sept. 24 - Oct. 23
A friend or partner will surprise you today. This person might suggest something unusual or have amazing news for you. A casual relationship could heat up. Hmmm.

Scorpio Oct. 24 - Nov. 22
Your work routine will be interrupted by computer crashes, power outages, fire drills, staff shortages and canceled meetings. Give yourself extra time so you have wiggle room to deal with this.

Sagittarius Nov. 23 - Dec. 21
This is an accident-prone day for your children, so be aware and remove them from hazardous situations. Meanwhile, romance could be a real surprise!

Capricorn Dec. 22 - Jan. 20
Small appliances might break down today, or minor breakages could occur. An unexpected person might knock at the door. Expect anything, because today is a crapshoot!

Aquarius Jan. 21 - Feb. 19
This is an accident-prone day for your sign, so pay attention to everything you say and do. Be mindful and alert.

Pisces
Feb. 20 - March 20
Keep an eye on your money today because you might find money or lose it. Likewise, your possessions could be stolen or broken. Keep your eyes open!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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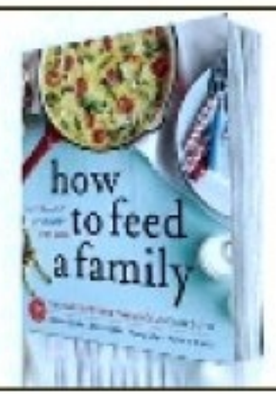
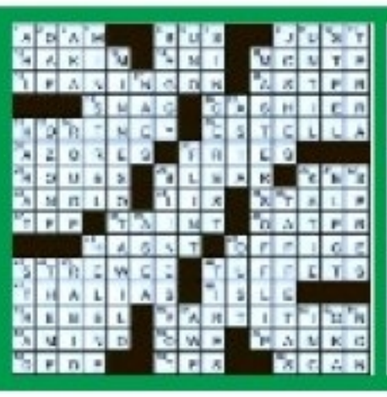


YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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1	2	7	6	8	4	3	5	9
6	9	3	2	5	7	4	8	1
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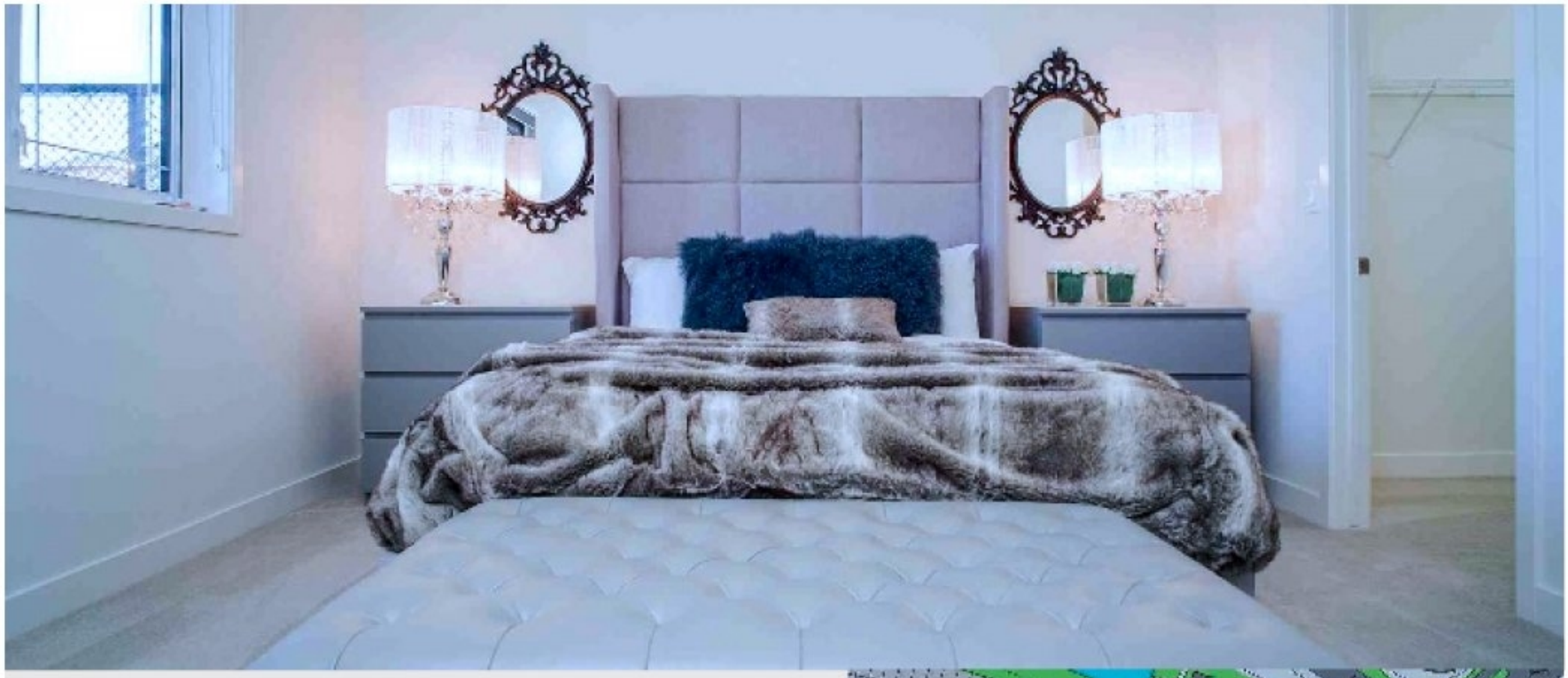

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